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Social-justice league

project ARC — Action, Choice, Responsibility
— aims to educate and empower kids PAGE 4

LOVE'S LABOURS

IN THE ERA OF ONLINE DATING, OLD-FASHIONED MATCHMAKERS PROMISE A PERSONAL TOUCH PAGES 8 & 9



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Monday, February 11, 2013

 News worth sharing.

Storm leaves big mess behind

Cleanup crew. Many sidewalks, bus stops still buried in snow



The weekend snowstorm has moved on, but Halifax is still dealing with the cleanup.

Most of HRM received between 30 to 40 centimetres of snow Saturday and into Sunday.

"It was not the highest, no, but this is enough for the city," Environment Canada meteorologist Jeremy March said about the snowfall compared to other regions of the province.

March said the heaviest-hit areas were Nappan with 57 cm and Greenwood with 51.

"It was a good storm," he said.

Gordon Hayward, HRM's Winter Works superintendent, said he had "anybody and everybody" out during peak times of the storm on Saturday morning, including 95

Snow going, going gone?

Halifax is forecast to get rain showers on Tuesday, with temperatures reaching up to 7 C, which could melt a lot of the snow.

plow trucks, 70 graders and loaders, and 90 pieces of sidewalk equipment.

"Our plan was sound, and the weather behaved as they said it would," Hayward said.

As of Sunday afternoon, Hayward said the P1 roads were "basically" done and the secondary roads were about 50 to 75 per cent finished.

"Traffic stayed off the road Saturday and allowed us to get around," Hayward said.

"If you compare that to a snowfall that happens at 3 p.m. on a workday, and we have to contend with the rush hour home, (there's) a noticeable difference."

Halifax Regional Police Staff Sgt. Bill Morris said no major accidents occurred in the city, but Halifax RCMP dealt with some calls on the 100-series highways on Sun-

day near Sackville due to slippery conditions.

"Most people used common sense and stayed home," Morris said.

Hayward said it will take a few days for the sidewalks to be cleared because of the extra-large volume of snow.

"We had our biggest equipment dragging 30 centimetres of snow.... Now the smallest equipment has to deal with 60 centimetres," Hayward said of sidewalk plows.

The overnight parking ban remains in effect until further notice, and drivers were being told Monday by the municipality to allow for extra time during the Monday commute.

Metro Transit also cautioned passengers that most stops are blocked by snow, and loading and unloading people may take longer than usual.

There will also be no service from the Woodside ferry terminal Monday due to water damage, but Metro Transit will be providing shuttles to and from Alderney Landing during service hours.

MORE STORM COVERAGE, PAGE 3



Swift start to the Grammys

Black Keys and Drake, Gotye and Timberlake. Who else made a buzz? PAGE 12

Navy spy acted 'coldly and rationally'

Jeffrey Paul Delisle is sentenced to 20 years in prison PAGE 5

Gays, trains and polymers

The Bank of Canada considered celebrating gay marriage and turban-wearing Mounties on its new plastic bank notes — we got trains and ships instead PAGE 10

Double whammy for Mooseheads

Forward Nathan MacKinnon is listed as day-to-day after suffering a leg injury in Friday's 8-5 loss against the Wildcats PAGE 17



Dave Cummings clears out the snow on his Inglis Street property in Halifax on Sunday afternoon. People across the municipality were busy digging out from a major snowstorm that hit the province on Saturday, with some areas getting as much as 40 centimetres. JEFF HARPER/METRO

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*Thomas MacDonald, Civil Engineering Technology, NSCC
Winner of a 2012 Pengrowth-Nova Scotia Energy Trades and Technology Scholarship*



DEVELOPING LEADERS IN ENERGY

'Let's thank them'

Three cheers for the plows: Councillor



Tim Outhit METRO FILE

It's not often people call attention to the snow plows in a positive way, but Coun. Tim Outhit said his residents are "quite happy" with how the municipality handled this weekend's snowstorm.

"You tend to hear bad news more than good news," Outhit said. "This is a little unusual."

"I'd say probably 80 to 90 per cent of the calls and a few emails and tweets have been saying the city's done a good job."

Outhit said the public support is likely due to the fact everyone knew the storm was coming and was prepared, the municipality included.

The fact that the storm didn't hit during rush-hour traffic probably helped people stay calm as well, he said.

"And snow is often easier to deal with than freezing rain and black ice," Outhit said.

The councillor said he received about a dozen calls and 20 to 30 emails regarding snow removal this weekend.

He said 50 people also liked his Facebook status about remembering the plow drivers while the public remains inside.

"Let's thank them and let's be safe," Outhit said. "And that's exactly what people have done."

HALEY RYAN/METRO



An HRM snowplow rounds the corner onto Barrington Street on Sunday afternoon, cleaning up after this weekend's storm. JEFF HARPER/METRO

Praise heaped on HRM's snow clearing

Winter report card.

Readers tell Metro how they feel about the plows, post-storm



PHILIP
CROUCHER
philip.croucher@metronews.ca

In a municipality where criticizing snow removal has become an art for some, plenty of praise was heaped out on social media Sunday for the work being done by snow-clearing operators from this weekend's storm.

When Metro Halifax asked specifically — "How would you grade the Halifax Regional Municipality for the snow-clearing job they're doing with this weekend's storm?" — many people had good things to say.

Praise for plows

"Awesome job! These drivers don't get enough credit for the long, stressful hours they put in trying to keep our streets clear! Your efforts are truly appreciated."

Tracey Tooke, via Facebook

VIA FACEBOOK

Sara-Jane Mansfield: There on it this winter, there doing awesome!! They go down my street every 45 minutes or so!!

Heather Avery: Our plow driver is amazing! The driver went out of his/her way to make sure we were not blocked in. We are very appreciative of the work they did here in Fall River.

Jennifer Lynn Doyle: I know that we got a lot of snow but they are doing an awful

job. A lot of the side streets haven't even been touched, and the sidewalks are always slippery and snow covered leaving pedestrians no other choice but to walk on the road (which is obviously dangerous).

Patricia Andrews: Uncharacteristically better than the norm. Inconsistency is still typical in the metropolitan area however.

Mike Mercer: Very good this go round. Had no problem getting to & from work yesterday. My street is not high

on the priority list. I was impressed!

VIA TWITTER

@Shoe_Mom: I would give them A+. They've been working through the day and night to keep the roads cleared. Great job!

@HfaxCrowe: B+ had to get from Cole Harbour to Clayton Park both Sat and Sun AM for work and was able to get the both days! #greatjob

@jmmelanson: I live downtown as well and have lived in other cities. This is by far the worst snow removal I've experienced

@marisa3886: #HRM did an amazing job at keeping the roads plowed this weekend. I was able to get back and forth to work all weekend! Good job!



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1 NEWS

A big song and dance about rights and responsibilities

Social justice onstage. Dartmouth performers teach school kids about personal choice, in a fun way



RUTH DAVENPORT
ruth.davenport@metronews.ca

Community stories wanted

Your Community At Work is a regular feature appearing on Mondays highlighting people and groups working to make a difference in their community. Send your suggestions to us at metro@metronews.ca

It's hard to believe anyone could make the UN Convention on the Rights of the Child entertaining, but a Dartmouth-based youth theatre group has done it.

The cast members of project ARC (Action, Choice, Responsibility) have visited 13 local schools since 2012, coaching an important social-justice lesson in dance, song and comedy.

"There are a lot of people that need to hear this message. Dance and music and acting is a good way to get it through," said performer Rilla Barrett, 12.

The piece is an initiative of the Meaningful, Intelligent Theatrical Entertainment group, written by director Janice Cruddas with a focus chosen by the nine cast members.

"A lot of the time, there's a disconnect between the rights and responsibility," said Jaquelle Crowe, 16, before a recent performance at Bell Park Elementary.

The performers say they want to educate and empower kids by helping them understand the impact of poor personal choices, not by lecturing about Stuff Kids Shouldn't Do.

Quoted

"Even if we're not absolutely able to change everyone's life around, we're able to plant seeds about things they might not have thought about before."

Emma Cruddas, cast member, project ARC

"I think we're often told what we can and can't do, but we're not told what the reasons are," said Emma Cruddas, 17.

The performance, a playful series of sketches and songs, opens with an introduction to personal rights and responsibilities.

"We talk about crossing the street. You have the right to do that, but you have the responsibility to look both ways before you do," said cast member Ailin Chant.

The performers also explore ways that insecurity can erode personal choice, demonstrating how hidden personal problems can lead to negative behaviours such as bullying.

"Insecurity ... can make us hurt other people, even though we don't actually want to," said Lilith Richter-Stephenson, 14, who portrays a girl with dyslexia.

The Bell Park audience was captivated, laughing out loud at the comedy and listening intently to the more serious moments.

Vice-president Mamoon Brace said the approach to fairly weighty material was



Project ARC cast members, from left, Ailin Chant, Rilla Barrett and Hannah Langille perform in the "wall" scene, which demonstrates the impact of hidden insecurities on behaviour toward others. JEFF HARPER/METRO

age-appropriate and struck a chord with everyone.

"They enjoyed the dance, and seeing the kids doing the performances themselves," Brace said a week later. "The teachers enjoyed the human-rights aspect and the effort that went into it.... It was well done."

The project has been so well received that the group is planning to hold auditions and launch a second so as to reach a wider audience.

"We're just coming as kids to relate to kids," Jaquelle said. "We're just sharing our hearts with them."

Cast and crew:

Rilla Barrett, 12
Ailin Chant, 13
Jaquelle Crowe, 15
Amelia Cruddas, 13
Emma Cruddas, 17
Brendan Finnerty, 14
Hannah Langille, 12
Matthew O'Hearn, 14
Lilith Richter-Stephenson, 14
Audrey Barrett, stage manager
Mike Robson, set designer
Janice Cruddas, director



Actors in project ARC perform the opening tug-of-war scene, demonstrating the push and pull of personal rights and responsibilities. JEFF HARPER/METRO

Tory leader touts lower taxes, frozen power rates as alternatives to NDP

In a year that could see Nova Scotia's Tory leader campaigning in an election for the first time, Jamie Baillie is pushing lower taxes and a freeze on power rates as key alternatives to the NDP government.

Speaking at what could be the party's last general meeting before a provincial election is called, Baillie

said lowering taxes and cutting "wasteful" spending will lead to more jobs in the province under a Tory government.

"Lower taxes puts the fundamental conditions for a growing economy in place," Baillie told party supporters on Sunday at Halifax's Marriott Harbourfront Hotel. "It means more money in

people's pockets and allows them to buy locally."

He pointed to the government's "bailouts," referring to deals such as the one given to the former NewPage Port Hawkesbury paper mill in Point Tupper, which resumed operations last fall after getting a \$124.5-million assistance package from the province.

New Democrat Mat Whyntott, who sat in the audience for Baillie's question-and-answer period, said Baillie is touting "the same old ideas."

"He talks about supporting industries in Nova Scotia," said Whyntott, who represents the riding of Hammonds Plains-Upper Sackville. "But, for instance, in Port Hawkesbury, he would

have just let them go. This is the sort of thing that we need to continue to support."

Baillie also said the NDP is rushing through the process of approving the proposed billion-dollar Maritime Link, the subsea cable portion of the \$7.7-billion Muskrat Falls hydroelectric project in Labrador.

THE CANADIAN PRESS



Jamie Baillie METRO FILE

Judge sentences Bedford navy spy to 20 years for selling state secrets

Plus \$100,000 fine.

Jeffrey Delisle's lawyer calls it too early to determine whether they will launch appeal

Sub-Lt. Jeffrey Paul Delisle has been given a 20-year prison sentence for selling secrets to Russia.

But the judge presiding over the case said the Halifax navy intelligence officer will serve 18 years and five months behind bars because of time already served.

Provincial court Judge Patrick Curran said Friday that Delisle "coldly and rationally" offered his services to Russia, which valued his work.

"I think it's clear by virtue

of the fact that the GRU made substantial payments over the years ... it clearly considered what he was doing for them to be significant," Curran said, referring to the Russian intelligence agency.

"You are going to have to make this right, sir, with a substantial period in custody."

Curran also ordered Delisle to pay a fine of nearly \$111,817 — the amount of money he collected from his Russian bosses — within 20 years or face two more years in prison.

Defence lawyer Mike Taylor said his client was stunned by the sentence.

"It's a significant sentence that he received and one that, quite frankly, I don't think he was really expecting," Taylor said. He was hoping for no more than 10 years in prison.

Harsh sentence

"I think he took into account the seriousness of this case."

Crown attorney Lyne Decarie

Shortly after sentencing, the chief of defence staff issued a statement saying an administrative review will soon be finalized to determine what penalties Delisle should face.

"Sub-Lt. Delisle failed each and every Canadian," Gen. Tom Lawson said.

The Crown argued that Delisle damaged Canada's relations with its allies, endangered intelligence agents and exposed their methods of gathering top-secret material.

THE CANADIAN PRESS



Jeffrey Paul Delisle is escorted by sheriffs from Halifax provincial court on Friday. ANDREW VAUGHAN/THE CANADIAN PRESS

Overnight search

ATV riders found safe after blizzard

A group of people who got lost Saturday night while out on all-terrain vehicles during a fierce blizzard near Halifax were found safe Sunday.

Police say officers received a 911 call around 1 a.m. about seven ATV riders lost in the Ragged Lake area with low fuel and cellphone battery.

Halifax Ground Search and Rescue was called in to help locate the group, who had been out on their ATVs since 7 p.m.

Police say the group was separated at one point but eventually regrouped and sought refuge in a cabin equipped with a wood stove on Germans Island.

Search crews eventually located the cabin early Sunday. THE CANADIAN PRESS

Three male suspects

Pizza-store owner robbed, injured

Police are looking for three males after the 72-year-old store owner of a north-end Halifax pizza shop was injured during an armed robbery early Saturday morning.

At about 12:20 a.m. Saturday, police say the men entered Kit Kat Pizza at 2314 Gottingen St. and demanded money, with one man holding a handgun. When the owner wouldn't comply, one of the thieves struck the owner in the head with the butt of the gun.

The men then grabbed several cartons of cigarettes and fled the store on foot.

The owner suffered a cut to this head and was taken to hospital by paramedics. METRO

Cold case

Still hope to solve 1974 killing: Police



Helen Diane Knickle
POLICE HANDOUT

Halifax police are asking for public help in solving a 39-year-old murder.

Police say the body of 22-year-old Helen Diane Knickle was found on the Halifax North Commons in July 26, 1974.

The investigation found that she had been walking alone between 1:00 a.m. and 2:30 a.m. when she was attacked. THE CANADIAN PRESS

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Digging out after the storm

Dangerous weather.

At least 11 deaths in the U.S. and four in Canada were blamed on the snowstorm

About 310,000 homes and businesses remained without power Sunday as the U.S. Northeast and Canada dug out from a blizzard that dumped up to a metre of snow on the most densely populated part of the region. The death toll was at 15.

Some motorists had to be rescued after spending hours stuck in wet, heavy snow. Utilities in some hard-hit New England states predicted that the storm could leave some customers in the dark at least until Monday.

"We've never seen anything like this," said county official Steven Bellone of New York's Long Island, where hundreds of drivers had been caught on highways by Friday's fast-moving storm. Local police said Sunday that all known abandoned cars were

searched and no one needing medical help was found.

At least 11 deaths in the U.S. and four in Canada were blamed on the snowstorm, including an 11-year-old boy in Boston who was overcome by carbon monoxide as he sat in a running car to keep warm while his father shovelled Saturday morning.

Roads were impassable, and cars were entombed by snow drifts. Some people couldn't open the doors of their homes.

Blowing with hurricane-force winds, the storm hit hard along the heavily populated corridor between New York City and Maine.

New York City's three major airports — LaGuardia, Kennedy and Newark, New Jersey — were up and running by late Saturday morning after shutting down the evening before. Boston's Logan Airport resumed operations late Saturday night.

Most of the power outages were in Massachusetts.

THE ASSOCIATED PRESS

Heavy stuff

"It's like lifting cement."

Michael Levesque, who was shovelling snow in Massachusetts.



Keith Tobin hauls a bucket of snow down the street while shovelling out his car in Boston Sunday. WINSLOW TOWNSON/THE ASSOCIATED PRESS



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'Warfare' threat in L.A. Mountain hunt for former U.S. cop enters 4th day

The hunt for a former Los Angeles police officer suspected in three killings entered a fourth day in snow-covered mountains Sunday, a day after the police chief ordered a review of the disciplinary case that led to the fugitive's firing and new details emerged of the evidence he left behind.

Authorities said they found camping equipment and weapons in the burned-out truck the suspect left behind.

Officials will re-examine the allegations by black former officer Christopher Dornier, 33, that his law enforcement career was undone by racist colleagues, Police Chief Charlie Beck announced Saturday. While he promised to hear out Dornier if he surrenders, Beck stressed that he was ordering a review

of his 2007 case because he takes the allegation of racism in his department seriously.

"I do this not to appease a murderer. I do it to reassure the public that their police department is transparent and fair in all the things we do," the chief said in a statement.

Authorities suspect Dornier in a series of attacks in Southern California over the past week that left three people dead. Authorities say he has vowed revenge against several former police colleagues whom he blames for ending his career. In his online manifesto, Dornier vowed to use "every bit of small arms training, demolition, ordinance and survival training I've been given" to bring "warfare" to the LAPD and its families.

THE ASSOCIATED PRESS



San Bernardino County Sheriff's officer Bernabe Ortiz holds a pistol as he searches a home for former Los Angeles police officer Christopher Dornier in Big Bear Lake, Calif., Sunday. JAE C. HON/THE ASSOCIATED PRESS

Struck by falling net

Boy, 9, killed in hockey accident

A nine-year-old boy is dead after an accident at an outdoor rink in a municipality northeast of Montreal.

Quebec provincial police say the boy was playing hockey alone at around 9 a.m. Saturday when a hockey net fell on top of him. Two municipal workers in Saint-Severin found the boy lying on the ice, underneath the net.

"They tried to help him but it was already too late," police spokesman Daniel Thibault said.

THE CANADIAN PRESS

Liberal leadership

MP wants to help indebted students

Liberal leadership hopeful Marc Garneau would do away with the current requirement that post-secondary students begin paying off student loans six months after graduation.

The Montreal MP would give them an indefinite grace period, requiring graduates to start repaying loans only after they've found a good-paying job of about \$40,000 per year. Garneau is to unveil his latest policy proposal Monday. THE CANADIAN PRESS

Africa aid. Government grants funding to anti-gay religious group

An evangelical organization that describes homosexuality as a "perversion" and a "sin" is receiving funding from the Government of Canada for its work in Uganda, where gays and lesbians face severe threats.

The federal government has denounced virulent homophobia in that East African country, and Foreign Affairs Minister John Baird has condemned plans for an anti-gay bill that could potentially include the death penalty for homosexuals.

At the same time the government is providing \$544,813 in funding for Crossroads Christian Communications — an Ontario-based evangelical

'Specific objectives'

Crossroads spokeswoman Carolyn Innis told The Canadian Press in an email that the projects funded by CIDA do not include evangelical work and are focused on specific objectives.

group that produces television programming — to help dig wells, build latrines and promote hygiene awareness in Uganda through 2014.

The organization is being funded by the Canadian International Development Agency.

THE CANADIAN PRESS

Canary Islands

Falling lifeboat kills 5 crewmen aboard

A lifeboat being used on a safety drill aboard a cruise ship in Spain's Canary Islands fell about 20 metres into a port on Sunday when a cable snapped, trapping crew members beneath it and killing

five of them, officials said.

None of the hundreds of passengers aboard the British-operated vessel were involved in the accident, which also injured three crew members, said the Canary Islands port authority.

The dead crewmen included three Indonesians, a Filipino and a Ghanaian.

THE ASSOCIATED PRESS

At least 36 dead, dozens injured at Hindu festival



An injured woman who survived a stampede on a railway platform is carried away in Allahabad, India, Sunday. At least 10 Hindu pilgrims attending the Kumbh Mela were killed and more than thirty were injured, according to Railway Ministry sources. KEVIN FRAYER/THE ASSOCIATED PRESS

Deadly stampede.

India's railway minister orders inquiry into fatal trampling caused by overcrowding

The death toll from a stampede in a train station rose to 36 on Monday in a northern India city where millions of devotees had gathered for a Hindu festival that is one of the world's largest religious gatherings.

At least 36 other pilgrims were injured in the crush in the city of Allahabad, medical superintendent Dr. P. Padmakar of the main state-run hospital said. Padmakar said 23 of the dead were women.

Mythical roots

According to Hindu mythology, the Kumbh Mela celebrates the victory of gods over demons in a furious battle over nectar that would give them immortality.

Tens of thousands of people were in the city's main rail station waiting to board a train when railway officials announced a last-minute change in the platform, forcing people to rush there, eyewitnesses said.

They said police stopped the throng from crowding onto a footbridge and had to use batons to stop the crowds from surging forward.

Indian television stations showed large crowds pushing and jostling at the train station as policemen struggled to restore order.

"There was complete chaos. There was no doctor or ambulance for at least two hours after the accident," an eyewitness told NDTV news channel.

An estimated 30 million Hindus were expected to take a dip at the Sangam, the confluence of the Ganges, the Yamuna and the Saraswati rivers on Sunday, one of the holiest bathing days of the Kumbh Mela, or Pitcher Festival. The festival lasts 55 days and is one of the world's largest religious gatherings.

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The lost art of analog amour

Allow us to resubmit for your approval a treasured artifact of romantic history: The love letter.

In the Facebook era, it's the height of romance "because there is a certain level of effort behind love letters, especially because we're so wired today," said Dr. Azadeh Aalai, a psychology professor at Montgomery College in Montgomery County, Md. "If you're sending a text, you don't know if it's being sent to multiple people. How many people even know the addresses of their friends and acquaintances?"

Records of love letters have been found as far back as Ancient Egypt, and as recently as every other pop song. A love letter is meas-

ured against the all-time-best examples of the form by its ability to flatter the recipient and reveal how the sender feels about that special someone — and, most importantly, by whether it has been penned by hand.

"People still appreciate having something tangible," said Tracy Steinberg, a dating coach and flirting expert based in New York. "I'm not dismissing the value of a sweet text or email, but there is something nice about having a letter that your lover gave you."

Science supports this. Aalai said that there's a different psychological connection made when a person sees a written signature versus a typed name. On top of that, the

short hand and acronyms we use while typing doesn't hold the same "prose and beauty" of the written word.

Dianne Gottsman, a national etiquette expert and the owner of the Protocol School of Texas in San Antonio (yes, that place really exists), said that the difference between a handwritten love letter and an email is similar to the difference between showing up to a date with your hair combed and a clean shirt versus showing up with messy hair and a wrinkled shirt.

"For a special occasion, it feels much better to receive something that you've put more effort into," she said.

**MICHELLE CASTILLO/
METRO WORLD NEWS**

MATCHMAKER,

Traditional dating.
The ancient art of matchmaking is alive and well, even in today's digital world

**ANNALISE
KLINGBEIL**
Metro in Edmonton

Krystal Walter was fed up.

"It's just been a complete nightmare," the 30-year-old said.

Walter's search for love led her online at first, and then on dates with men that "didn't have legal jobs" and even a doctor who, according to her research, had a suspended medical licence.

"You don't want to go on a date with someone and Google them and find out horrible things," Walter said.

Spending \$2,000 on an unsuccessful visit to a professional matchmaker was the breaking point that spurred Walter to venture into an old-fashioned profession and start her own matchmaking company.

She's hopeful her clients, who range in age from 25 to 45, will have better luck in their search for Mr. or Mrs. Right through her recently launched Edmonton-based company, Krystal Walter Professional Matchmaking.

Walter personally meets every client and each must undergo an interview and complete a background check before they're matched.

Carmelia Ray is an On-



Quoted

"Call us old-fashioned, call us what you want, but we take a very personal approach to dating."

Melissa Brown, president of matchmaking company It's Just Lunch

tario-based matchmaking specialist who believes matchmaking is a great option for singles looking for an alternative to finding love online.

Ray said the majority of clients she sees have dabbled in online dating and realized it's simply not for them.

"Some of them have been very frustrated with online dating so they're turning to a matchmaker," she said.

Ray listed the lack of safety and security online, and time needed to sort through profiles, as reasons why some singles find it difficult to locate the perfect match through online dating websites.

Amanda Meyer is leery of the online dating scene. While she didn't turn to matchmaking, she found her man in a similarly "traditional" fashion.

After meeting her future husband through a mutual acquaintance, they spent several months as friends before starting to date. They're celebrating their seventh wedding anniversary this month.

"There was a nice progression. We were friends first, so we were comfortable and we knew each other," Meyer said.

"We always sort of joke we don't even really have a dating anniversary because it really was sort of a transition between friendship to dating."

Meyer said she has friends who've given online dating a try and while she's not against meeting your potential future spouse through the Internet, she thinks it can be "a little sketchy."

"People put up profiles and they can advertise themselves falsely, whereas I knew him and I knew where he worked and I knew he wasn't lying and wasn't false advertising himself."

In-person meetings are still essential, according to matchmakers.

Melissa Brown is president of It's Just Lunch, an international company that uses matchmakers to pair clients — who are typically busy professionals — on lunch dates.

The business began in Chicago more than two decades ago in a pre-Internet age and since then, "it's just con-

Learn from the masters

Great moments in love-lettering

Marlon Brando to Stewardess

Dear Lady —

There is something not quite definable in your face — something lovely, not pretty in conventionally thought of way. You have something graceful and tender and feminine.

You seem to be a woman who has been loved in her childhood, or else, somehow by the mystery of genetic phenomena you have been visited by the gifts of refinement, dignity and poise. Perhaps you cannot be accredited with all that.

Irrespective of your gothic aspects, you have passed something on in terms of your expression, mien and general comportment that is unusual and rewarding.

It's been a pleasant if brief encounter and I wish you well and I hope we shall have occasion to cross eyes again sometime.

Best wishes
Marlon Brando

Dr. Aalai says:

"The spontaneity of Brando to a woman he didn't even know was noteworthy and I think adds the dimension of spontaneity or the unexpected to a love letter. It doesn't have to be to someone you know intimately; it can be to someone you feel a fleeting connection to that you want to notice you or to let them know they have been noticed."

Dr. Azadeh Aalai, a psychology professor, analyzes two classics of the hallowed form.

Frida Kahlo to Diego Rivera

Diego, my love,

Remember that once you finish the fresco we will be together forever once and for all, without arguments or anything, only to love one another.

Behave yourself and do everything that Emmy Lou tells you.

I adore you more than ever.

Your girl, Frida
(Write me)

Dr. Aalai says:

"Frida's letter struck my fancy because of the kiss she left with the lipstick stain — very tangible and sexy and passionate. And hers was short but tender and sweet."

Advice, free of charge

First-date dos and don'ts

Whether you meet online, through a matchmaker or in the lineup at the grocery store, once you snag that first date it's important to make a good impression if you want to get to date No. 2.

Matchmakers Carmelia Ray, Krystal Walter and

Melissa Brown offered these tips:

Do talk about interests, hobbies, family, vacation spots and other appropriate first-date topics.

"Not diving into political discussions or talking about ex-relationships," Brown recommended.

Do be on time. "First impressions are really everything," Brown said.

Do keep the first date short. "Chances are you'll find out halfway through

the dinner if you're interested," Walter said.

Don't text or email a lot before the date. "Just get on the phone and make a date," Walter said.

Don't be negative, Do be positive. "I think attitude is a really important tip when it comes to dating," Ray said.

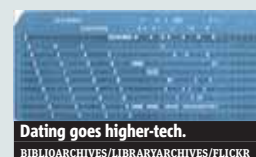
Do mind your manners. "Gentlemen, play the role of a gentleman; and women, be lady-like," Ray said.

METRO

The way we were

A history of dating services

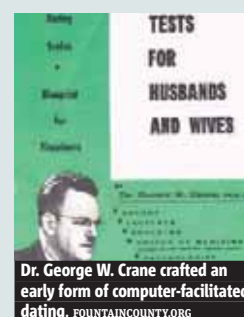
- **1700:** The first personal ads are placed in British newspapers to match singles in their early 20s.



Dating goes higher-tech.

BIBLIOTHECA/REUTERS/FLICKR

- **1941:** A statistics-based dating/matchmaking service is opened in Newark, N.J.



Dr. George W. Crane crafted an early form of computer-facilitated dating. FOUNTAINCOUNTY.ORG

MAKE ME A MATCH



Good-old-fashioned matchmakers say online dating can't compare to the personal touch they offer. HEATHER MCINTYRE/METRO

continued to grow," Brown said. "Even with the introduction of the Internet and online dating services, you still really truly cannot have that chemistry unless you meet someone face-to-face. Call us old-fashioned, call us what you want, but we take a very personal approach to dating," she said.

The act of matchmaking itself is certainly old-fashioned. Long ago, professional matchmakers worked in Jewish communities in

Eastern Europe and Russia, as famously portrayed in the musical *Fiddler on the Roof*. Matchmakers also existed in traditional Japanese and Chinese cultures.

At It's Just Lunch, clients meet for a confidential interview with one of the company's dating specialists, who are trained matchmakers, before being paired with other clients.

The matchmakers even arrange the details of the date, meaning clients, who range

in age from their 20s to their 50s and whose professions include doctor, lawyer, teacher and entrepreneur, simply show up for their lunch date.

"It's casual, it's stress-free and it's relaxed. Within an hour you can pretty much get an idea if you want to see that person again," Brown said.

For Walter, matchmaking is about quality over quantity. "Some people like to have the quantity. That's one thing that draws people to online dating," she said.

Most matchmakers meet their clients in person and do background checks, meaning potential dates are screened in a way that's not possible on many online dating websites.

Ray added that in today's digital world, matchmaking is a sound option for singles who don't want to spend their time clicking through profiles online.

"Online dating obviously has helped matchmakers," she said.

THE COURSE TO TRUE LOVE NEVER DID RUN SMOOTH



PERSONAL PERSPECTIVE

Darren Krause
darren.krause@metronews.ca

I experimented with Lavalife once. For two weeks. Nearly 10 years ago.

It was right after I separated from my first wife. Go figure.

It involved clicking through a catalogue of best-foot-forward photos after inputting search parameters to weed out the logical mismatches.

While it was free to wink, I had to pay to play, so-to-speak. I paid about \$20 once to charge up my Lava credits so I could make contact with prospective matches via email or instant message.

This resulted in the arrangement of a sporadic but cordial instant-message conversation. I suspected the person on the other end was engaged in a couple of IMs at the same time, with responses only coming every few minutes.

I ended my online love exploits shortly thereafter. Traditional dating was going to be more my speed. It was just more "me."

What I feared about online dating was its impersonal feel. It was orchestrated; it lacked that natural spark two people have upon first encounter. I feared I would be "matched" instead of loved.

"What I feared about online dating was its impersonal feel.... I feared I would be 'matched' instead of loved."

Post-separation, I went to a Halloween party. Of course, a man had to have a stand-out costume to get noticed. I dressed up as a milk carton, my face on the back like that of a missing person. The costume was a conversation piece and garnered enough attention from a young woman that it turned into a phone number, a first date, then romance for a few months. It didn't last, but the meeting was comfortable and intriguing. It was natural. Most of my senses were engaged in the process. What I feared about online dating was that in those areas it was lacking.

Shortly thereafter a barista at a southwest Calgary coffee shop caught my eye. I went in most days, always hoping she would be there. It took months of awkward eye contact and the occasional "large Paradiso, no room" for me to muster the courage to ask her out.

We ended up dating for several months.

In the short time I was online dating I never felt that rush of adrenaline. I was shopping for a mate in a giant virtual black book. Binary-code forces were matching me instead of cosmic ones bringing people into my life.

Today, I'm happily remarried. I wed a woman I had already known for 15 years. Our lives had intertwined in numerous ways, including the death of her first husband and us living together platonically. We had a history, we had chemistry and now we have two kids.

As a traditional-dating advocate, I always worried I would never suffer the beauty of courtship (failed or otherwise) by submitting to online dating.

While the search for online romance grows in popularity, the end goal remains the same: love.

I can't say whether you get sweaty palms, butterflies and dry mouth when meeting an online date in person for the first time — I never did meet up with anyone via the World Wide Web.

Instead I sought chemistry, a painstaking progression with all the emotional and physical response that goes with the uncertainty of putting yourself out there.

I felt it was something a computer just couldn't match.

- **1957:** Dr. George W. Crane creates a computer dating service, where applicant forms are processed by an early IBM card-sorting machine.



- **1965:** The Dating Game, where one woman questions three men she can't see, debuts on TV.

- **1980s:** Video dating, where users create a video of themselves to be viewed by other customers, gains popularity well into the 1990s.



Tomorrow: The rise of online dating sites and services



The search for love took our columnist online before he decided to opt for the more traditional route. CHINA PHOTOS/GETTY IMAGES

The DREAM BIG Contest

- 1 Dream BIG!
- 2 Submit a video by March 1st
- 3 Win up to \$1,000

Check out:

ScholarshipsCanada.com/DreamBIG



Philippe, 2012 Winner

With the money, I was able to pay for my plane ticket to Europe along with the books I needed for a class I took this summer, before leaving. I feel very privileged to benefit from this financial boost - especially in times where we realize that only solidarity is there for the needs of many - and hope to pass forward the beautiful gesture in many ways!

SCHOLARSHIPS CANADA.com



The \$100 bill was the first in the Bank of Canada's new series of polymer banknotes. A market-research firm hired by the bank found strong support for illustrating the plastic currency with images reflecting Canada's diversity. But in the end, traditional images such as a train, a ship and a monument ended up on the banknotes. THE CANADIAN PRESS FILE

Boring banknotes: BoC nixed images of gays, blacks

Plastic currency.

Research firm was paid \$476K for illustration ideas, but bank went with traditional pics

The Bank of Canada considered celebrating gay marriages, black hockey players and turban-wearing RCMP officers on its new plastic banknotes — but eventually nixed them all in favour of the more traditional images of a train, a ship and a monument.

Internal documents show that focus groups and a Bank of Canada team reviewed a series of currency images intended in part to reflect the diversity of Canada's population, particularly the coun-

try's varied ethnic character.

Images that were considered included a Chinese dragon parade, the swearing in of a new citizen, Toronto's annual Caribbean festival, children of different ethnic backgrounds playing hockey or building a snowman, and a person in a wheelchair playing basketball.

The image catalogue was drawn up in 2008 by The Strategic Counsel, a market-research firm hired for \$476,000 to help the bank decide how to illustrate its new series of polymer \$5, \$10, \$20, \$50 and \$100 bills. The first note, the \$100, began circulating in November 2011.

Drawing on focus-group discussions and workshops with Canadians in six cities, the consultant found strong support for themes of "divers-

What made the cut

- The \$5 note will show robotic arms built for space programs and the \$10 note, a train. The \$20 note depicts the Vimy Ridge memorial in France, while the \$50 has a picture of an icebreaker.

ity, inclusiveness, acceptance of others/multiculturalism." Eventually, 41 image ideas covering several themes were tested and given scores.

Many images proposed at the start of the process did not make the cut. Rejected were illustrations of a gay marriage, an RCMP officer wearing a turban, and "hockey with a twist ... with a black player."

THE CANADIAN PRESS

Washington, D.C.

Cyberattacks could hit 95% of private-sector networks: Committee chair

The U.S. is vulnerable to cyber attacks that could shut down financial services or destroy information that companies need for daily operations, the chairman of the House Intelligence Committee said Sunday. Rep. Mike Rogers said 95 per cent of private-sector networks are vulnerable, and most have already been hit. What's being stolen? Personal identities, money from banks and blueprints for next-generation jobs.

THE ASSOCIATED PRESS

Cellphone contracts. CRTC begins public hearings on wireless code of conduct

The hot-button issues Canadians have with cellphone contracts — roaming fees, ability to unlock handsets and three-year contracts — will get another opportunity to be heard this week.

The CRTC will hold a week of public hearings starting Monday on its proposed wireless code. The regulator is aiming for a set of national standards for the content and clarity of cellphone contracts.

In the lead-up to the hearings, to be held in Gatineau, Que., Canadians have again made it clear they don't want

three-year contracts offered by wireless carriers.

"Eliminate three-year contracts," said a comment submitted on the online forum for the Canadian Radio-television and Telecommunication Commission's draft wireless code.

"Eliminate onerous processes that make it harder to get out of a contract and go elsewhere for cellphone services."

The CRTC has said it heard a lot of "anger" from Canadians about three-year contracts when it was putting together the draft version of the national code. THE CANADIAN PRESS

MIKE DUFFY, SIR, WHAT HAS HAPPENED TO YOU?



**URBAN
COMPASS**
Stephen Kimber
halifax@metronews.ca

The old Young Mike Duffy would have been all over it. A senator playing fast and loose with parliamentary rules of residence, claiming as his full-time home a modest bungalow of a summer cottage that hasn't seen a snowplow in a year's worth of winters.

A senator pocketing more than \$30,000 for the inconvenience of residing in rustic, rural Cavendish, P.E.I., 1,333 kilometres (as the Google crow flies) from his Senate workplace at 111 Wellington St. in Ottawa — while actually bedding down in a comfortable Ottawa suburb.

Inconvenient truth

A senator pocketing more than \$30,000 for the inconvenience of residing in rustic, rural Cavendish, P.E.I., 1,333 kilometres (as the Google crow flies) from his Senate workplace at 111 Wellington St. in Ottawa — while actually bedding down in a comfortable Ottawa suburb.

Not to forget the spectacle of a senator — having been caught with his fingers in the fudging and futzing jar — applying for a fast-tracked Prince Edward Island health card to make wrong appear right.

The former Mike Duffy would have been in his element.

One has to — almost — feel sorry for the old New Mike Duffy, now being brought low by all those new Old Mike Duffys.

Young Mike Duffy launched his career in the mid-1960s as a DJ — the Round Mound of Sound — at Amherst radio station CKDH. After discovering his nose for news, Duffy moved on to then-Halifax station CHNS where his gleefully non-partisan, neither-fear-nor-favour scoops from city hall and the provincial legislature earned him an enviable reportorial reputation, which earned him a position in CBC's parliamentary bureau, which earned him his own star billing at CTV, which ...

Well, that's where things soured.

Duffy began to believe his own publicity hype — and in his own self-worth. He lobbied for his Senate appointment and, when he landed it in 2008, assumed himself entitled to his entitlements. Including \$900 a month to live part of the year in Ottawa where, of course, he has lived virtually all of the years since the 1970s.

New Mike Duffy, of course, is less than amused by his latest turn of misfortune, chiding reporters after a speech in Halifax last week to do some "adult" work instead of bothering him with trivial matters about where he lives and how much he claims for not living there.

Sorry, Mike. Those who live by the microphone sometimes get hit on the head with it on their way out the door.

So long, senator.



Sen. Mike Duffy represents Prince Edward Island in the Senate but there is much controversy about his residency relating to housing allowances.

DEVAAN INGRAHAM/THE CANADIAN PRESS

Waterspout something to sea



ISABELLE FILIPPINI/SOLENT

Ocean view

Phenomenon a yacht to take in

It's every sailor's nightmare, but for everyone else a waterspout makes for a jaw-dropping photo.

Here, off the coast of the French island of Corsica, a colossal whirling vortex appears perilously close to a small yacht drifting on the Mediterranean.

Quick-thinking vacationer Isabelle Filippini grabbed her camera to capture the spectacle.

METRO

Waterspout facts

- **Formation.** They're created when layers of cool air blowing over the water cause warm, moist air to surge up from underneath.
- **Not sea water.** For a long time, scientists thought the revolving mass of water in a waterspout was in fact from the sea — it's actually a spray of cloud water or condensation.

Shutter-happy

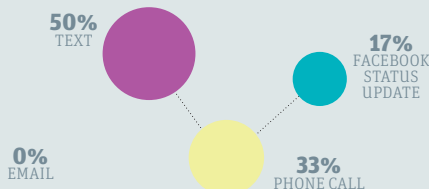
"My family and I had been admiring the sea, despite the low clouds. Then, all of a sudden one of the clouds was pointing towards the sea and I realized it was forming a tornado. I was amazed as the waterspout touched the sea."

Isabelle Filippini, 43, from Paris



Register at metropolitanpanel.ca and take the quick poll

What's your preferred communication method for setting up a date?



Twitter

@hstrong_:

If you are smaller than 5'5 and live in #halifax, don't go outside because there is an excellent chance you will be blown away.

6 bottles of scotch and some cigars in the trunk for the drive back to Halifax. #prepared

@Ana_Radioshow:

Took a lot of shovelling but we made it through another Blizzard #Halifax Watch out for ice... Damn fall hurts #twoleftfeet

@ConnorWithTwoNs: I live on the only street in Halifax without power.

@robertsnell:

In case of emergency I'll have

@LTDesroches: Oh em gee, so many possible locations for awesome snow forts. #Halifax #snowmaggodon



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Looking fine in a Suit & Tie



Taylor Swift opens the 55th Grammy Awards on Sunday night. GETTY IMAGES

Grammy Awards.

Canada's Drake takes home award for best rap album, while Justin Timberlake tests out new material on stage

Critically lauded R&B crooner Frank Ocean won his first-ever Grammy trophy Sunday night, while a spy Justin Timberlake returned to the stage after years away for a stylized take on two new songs.

The 25-year-old Ocean entered the Grammy Awards with six nominations for his ambitious, contemplative debut commercial release *Channel Orange*, and he picked up his first award for best urban contemporary album early in the show.

"I hear ... the way you disarm audiences is by picturing them naked, but I don't want to do that," the L.A.-based singer said softly.

"I want to say thank you to my mother for being the best," he added, as his teary-eyed mom was captured clapping along.

But fun. bested Ocean in

the best new artist category, an award he was buzzed to win. The band's lead singer, Nate Ruess, says he didn't expect his group to win. They were also up against Alabama Shakes, Hunter Hayes and The Lumineers.

Fun's irrepressible anthem *We Are Young* also took top song trophy, and soon-to-be 31-year-old frontman Nate Ruess had a clever crack ready.

"Oh God. I don't know what I was thinking writing the chorus for this song — if this is in HD, everyone can see our faces and we are not very young," said Ruess, whose band performed *Carry On* amid an impressive fake downpour.

"We've been doing this for 12 years and I've just gotta say that we could not do this without the help of all the fans we've had keeping us afloat...."

"I guess we've felt like your best-kept secret. So thank you guys so much."

In other news, the Grammys seemed to lose Canadian Carly Rae Jepsen's number, as her earworm smash *Call Me Maybe* was overlooked for both song of the year and pop solo performance.

Taylor Swift kicked off the show with an Alice in Wonderland-inspired rendition of her

hit *We Are Never Ever Getting Back Together*. She sported an outfit reminiscent of the Mad Hatter's — a white-suit jacket, matching top hat and hot pants — while a cast of eccentrics surrounded her. Meanwhile, some poor gentleman — and the presumed target of Swift's scorn — was fastened to a gigantic onstage bull's-eye.

Timberlake's performance similarly hit the mark.

As he took the stage, the image went suddenly monochromatic while the tuxedoed singer moved slickly while surrounded by dancers steeped in old-school L.A. glamour. After an assist from Jay-Z, Timberlake smoothly segued into another new tune *Pusher Love Girl* before being serenaded with an enthusiastic reaction.

Adele — who swept all six categories in which she was nominated last year — won pop solo vocal performance for her *Set Fire to the Rain*.

"I just wanted to come and be part of the night, because I loved it last year — obviously," joked the new mother, who said backstage that new music was still a ways off.

Jennifer Lopez was just presenting an award, but still managed to steal headlines

with a slinky slate-grey dress that revealed her entire right leg. She then referenced the widely circulated note the Gram-instructing tal- to keep their outfits taste-ful.

"So, as you can see, I got the memo," Lopez joked to resounding applause.

Meanwhile, Toronto rapper Drake finally claimed his first Grammy out of 12 nominations. The 26-year-old born Aubrey Graham took his inaugural hardware in the best rap album category, with his moody sophomore hit *Take Care* emerging triumphant.

THE CANADIAN PRESS

Big winners

- **Song of the year.** *We Are Young*, fun.
- **Rap album.** *Take Care*, Drake.
- **Rock album.** *El Camino*, The Black Keys
- **Country song.** *Blown Away*, Carrie Underwood
- **Best pop solo vocal performance.** Set *Fire to the Rain*, Adele
- **Best new artist.** fun.
- **Record of the year.** *Gotye, Somebody That I Used To Know*

Exclusively online

For a full list of Grammy winners and more coverage from the awards show, visit metronews.ca.





Chris Brown ALL PHOTOS GETTY IMAGES

Chris Brown in the headlines again

It looks like Chris Brown's luck isn't getting better anytime soon. The scandal-plagued singer was involved in a car crash this weekend, totalling his car but escaping uninjured, according to E! News. Brown was alone at the time and reportedly told police that he was being chased by paparazzi prior to the crash. "Chris Brown was in a car accident this after-

noon after being ruthlessly pursued by paparazzi," his rep says in a statement. "Two vehicles cut him off. The occupants jumped out, with cameras, and aggressively approached his vehicle. In an effort to remove himself from the situation, he began to back down an alley, at which point his way was cut off by two additional vehicles."

Emma Watson sticking up for pal Stewart

Harry Potter alum Emma Watson is standing up for pal Kristen Stewart in the fallout from the Twilight star's cheating scandal last summer. "Those who criticized her are the same people that think being rich and famous is like being covered in some kind of magic powder that makes life perfect. Nothing can go wrong in your won-

derful world," Watson tells Vanity Fair. "Everyone makes mistakes, everyone. On one hand, I can understand why it happened: people felt really involved in her relationship with Robert Pattinson. But it's also true that they both have done everything in their power to keep their relationship as far from the public eye as possible."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

PETA demands Beyoncé's skin



STARGAZING
Malene Arpe
scene@metronews.ca



PETA is chastising Beyoncé for wearing a halftime outfit made of python and iguana. Just wait until PETA sees her costumes for the upcoming tour: a wolf bra, two pairs of dolphin-skin shoes with sea turtle heels, a baby polar bear cape (estimated amount of baby polar bears required: 12 to 17) and an Illuminatif hat.

Justin Timberlake denies calling Britney "bitch." Says Justin, "Can't a person have a conversation about World War II and the British blitz?"

Alexander Skarsgard and Jack McBrayer are observed having lunch together. Which explains the sudden weird upsurge in Kenneth the Page and Eric Northman fan fiction.

Dolce and Gabbana releases a fragrance exclusively for babies. Great Szantorwx, God of Destruction, Malevolence and Infant-related Justice, Earth is ready for your ruling.

This week in Events That Make You Loathe Your Own Family Just A Bit Little Less. 1) Tanning Mom gets drunk

and falls down in a nightclub. 2) Bobbi Kristina Brown asks people not to buy her grandmother Cissy Houston's "disrespectful" tell-all Remembering Whitney. 3) Three members of a Nova Scotia family are arrested for smoking and belligerence on board a flight to the Dominican Republic. 4) A Belgian tattoo artist inks his name in giant letters on his girlfriend's face one day after they met. 5) Octomom gets panicky and calls the school when she can't locate one of her kids, who is later found to be taking a nap at home. 6) Three years after they split, Christina Aguilera's husband is finally moving his stuff out of her house.

Calvin Klein's ex-boyfriend Nick Gruber says one of the women from Mob Wives: Chicago threatened to kill him with a screwdriver. Honey Boo Boo, a selection of Swamp People and the entire smoking family from Nova Scotia are all, "no, that's too much."

TORSTAR NEWS SERVICE



Taylor Swift

Country music rivals keep a distance at Grammys

Taylor Swift's love life isn't the only source of tension in the 23-year-old singer's life. She apparently also has some issues with her country music rivals. Producers at this weekend's Grammy Awards were reportedly ordered to keep Swift and Carrie Under-

wood "from crossing paths since they hate each other," sources tell Us Weekly. "Taylor feels Carrie is always rude to her, so she steers clear of her." Reps for the awards show, though, insist that "no requests were received from either artist."

Twitter



@tyrabanks

Glamorous nights are nice. Reading a book by the fireplace might just be a bit more glamorous for a girl like me. Nighty nite.



@kirstiealley

And lastly, from my pulpit, we have ALL done creepy things. I stress the word ALL. And we would ALL like to be forgiven. Stepping down now



@MarkDuplass

motion to expunge the word "moisten" from the english language. we could also do without the word "expunge" while we're at it.



@MatthewPerry

I'm always thrown when people tweet things that are deeply personal. Why? Why would they do that? I mean, my pants are around my ankles.

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Bullying

Canadian view

A survey by Big Brothers Big Sisters of Canada and Invesco Canada Ltd. provides insight into how Canadians view bullying.

Seventy-eight per cent of Canadians say not enough is being done to stop bullying and 94 per cent say teachers and school administrators

share responsibility in trying to curtail the problem.

Among bullied Canadians, 72 per cent said they were teased in a way to humiliate and 71 per cent experienced verbal abuse and taunting. Meanwhile, among bullied Canadians who suffered lasting harm, effects included lack of confidence, low self-esteem, depression, anger management issues and poor academic achievement. **METRO**



Seventy-eight per cent of Canadians say not enough is being done to stop bullying. **ISTOCK**

Exclusively online

Mommy remembers when restaurant dining involved dropping \$200 on a meal she couldn't pronounce. Now it's all about free refills, paper tablecloths and a menu featuring photos of the entrees. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices



Move over Marcia, Jan has an important lesson for parents

Failure. A classic episode of The Brady Bunch shows how vital it is to let your kids realize they aren't good at everything



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

I loved The Brady Bunch as a child, but after re-watching a certain episode, I love it even more as a parent.

It featured middle daughter Jan Brady (the family's perpetual loser) trying to discover if she had a natural born talent ... for anything.

Predictably, and much to her teen despair, she failed at many different things (ballet, tap dancing, being a drum majorette, acting in the school play).

Mom Carol Brady said to husband Mike, "Poor Jan. She's really miserable. I hate to see her going through this." To which he grunted unsympathetically, "She'll have to figure it out."

I loved this. Today, do we



Like Jan on the Brady Bunch, kids have to learn that failure is a part of life. **ABC PHOTO ARCHIVES**

ever let our kids "figure it out" for themselves? We constantly tell them they're good at everything, in a world where it's virtually impossible to fail a class. Or we have them participate in sports where no score is kept and no one ever loses.

On the show, it's Jan's sympathetic siblings who challenge and deliberately lose to her at a number of activities — ping pong, Monopoly. But, of course, she eventually discovers what they're doing and becomes convinced she's an even bigger loser.

Is this the risk we as parents take if we continue to prop our kids up with false praise, and an "everyone's a winner at everything" attitude?

They quickly learn the truth about their talents when they leave the house for a post-secondary education or into

the real working world, where discipline and criticism can be harsh.

Preparing our children for disappointment and failure is one of the lessons we might want to have them learn at home, rather than from a disgruntled professor or angry manager.

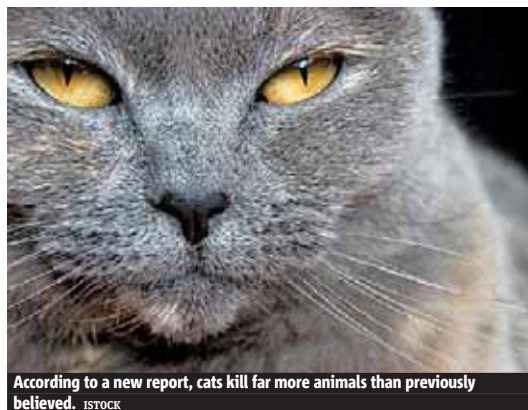
American Idol is a great example of what can happen if you aren't honest with your children and you send them out onto the stage to fail.

My kids are terrible singers. I am a terrible singer. Their father is a terrible singer. It's just who we are, and we all know it. They won't be those show contestants who are painfully awful, but are convinced they're the next Kelly Clarkson because their mom says so.

By all means, we should be encouraging our children when they find what they're good at — we should be their biggest cheerleaders — but let's make sure we're not cheering them on to great public failure. After all, not everyone can be a perfect drum majorette like their big sister Marcia.

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

Is your family feline a natural-born killer?



According to a new report, cats kill far more animals than previously believed. **ISTOCK**

KIERON MONKS

Metro World News in New York

Little Tiddles is fluffy, adorable ... and murderous.

A report from the Smithsonian Conservation Biology Institute found cats kill far more animals than was previously believed — four billion birds and 20 billion mammals a year just in the United States.

We spoke to lead researcher Dr. Scott Lost.

Which cats are the biggest killers and why?

We estimate that unowned cats, including barn cats, stray

cats, cats in subsidized colonies and cats that are completely feral are responsible for 69 per cent of bird mortality and 89 per cent of mammal mortality. The predation rates by this group average three times greater than rates for owned cats.

How many kills might a pet cat make in a year?

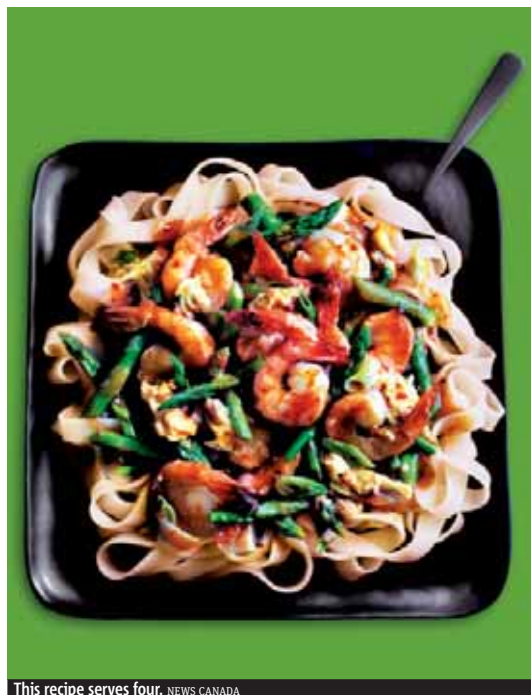
The best available data suggests that owned cats kill between four and 18 birds and 11 and 30 mammals per year. This is before accounting for prey items that cat owners and researchers are unable to detect, so the numbers are probably higher.

Unowned cats — because they spend 100 per cent of their time outdoors — kill 23 to 46 birds and 140 to 330 mammals per year, on average.

But we know cats are predators — why should we worry?

In the U.S., there are no native predators that are comparable to domestic cats. Thus, cats represent a novel predator and threat to wildlife. The data suggests that native bird and mammal species — as opposed to "pests" — make up the majority of the species preyed upon by cats. More research is needed to determine which species are most vulnerable to cats.

Tangy Shrimp, Asparagus and Egg Stir-fry beats takeout



This recipe serves four. NEWS CANADA

Why not break out of the typical weeknight routine and wow your family with a simple and delicious Asian-inspired home-cooked meal that takes very little effort?

With just a handful of ingredients, you can create an impressive dish bursting with exciting flavours.

The tangy Asian-inspired sauce mixed with fresh vegetables will make you swear off takeout for good.

To avoid overcooking the shrimp, make sure they are still undercooked before adding the eggs.

1. In a large non-stick skillet, heat the vegetable oil

over high heat. Add the cut-up asparagus and stir-fry for 4 minutes; add the thawed shrimp and cook while stirring for 3 minutes.

2. Lower the heat, add lightly beaten eggs and them let set slightly without stirring, about 1 minute.

3. Break up the eggs with a spatula, pour in the stir-fry sauce, green onions and stir to heat the mixture through, another 2 minutes.

4. Serve on cooked rice or noodles. NEWS CANADA/ VH SAUCES

Ingredients

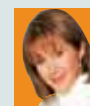
Prep time: 10 minutes
Cook time: 10 minutes

- 2 tbsp (30 ml) vegetable oil
- 2 cups (500 ml) asparagus pieces, cut into 1-inch lengths
- 1 lb (500 g) peeled medium-sized shrimp, thawed

- 2 eggs, lightly beaten
- 1 jar (355 ml) VH Szechuan Stir-Fry Sauce or the General Tao Stir-Fry Sauce
- 1/2 cup (125 ml) finely sliced green onions
- 1/2 lb (250 g) rice noodles, cooked as directed on package

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com

Canned tuna offers a fix for a quick bite. But not all tuna is created equal when it comes to calories and fat content.

Spicy Thai canned tuna on a whole wheat bagel

490 calories / 13 g fat

Read the ingredients carefully on individual meal cans as they differ, usually due to more oil. The bagel alone has more than 300 calories.



Equivalent

One Spicy Thai can of tuna on a whole wheat bagel is equal in calories to five spicy chicken tenders (battered) from Popeye's.



Tomato and onion canned tuna on a whole wheat English muffin

200 calories / 3 g fat

This variety contains less oil and an English muffin has only 100 calories.



This isn't your grandpa's Reuben sandwich

The legendary Reuben of yore was built on corned beef, but this recipe swaps it out in favour of smoked salmon.

And while it holds fast to the

classic version's melted cheese, it loses the untoasted rye bread in favour of a grilled panini.

Unorthodox? Guilty as charged. Scrumptious anyway?

Ingredients

- 1/4 cup low-fat mayonnaise
- 2 tbsp chili sauce (the kind served with shrimp cocktail)
- 2 tbsp finely chopped dill pickle
- 1 tsp lemon juice
- Kosher salt and black pepper
- 8 slices rye bread

- 4 oz thinly sliced Gruyere, fontina or Swiss cheese
- 4 oz thinly sliced smoked salmon
- 14 1/2-oz can sauerkraut, drained, rinsed and gently squeezed to remove excess liquid
- 2 tbsp extra-virgin olive oil

See for yourself.

1. In bowl, combine mayonnaise, chili sauce, pickle and lemon juice. Season with salt and pepper to taste.

2. Spread one side of each slice of bread with some of the dressing. Arrange half of the cheese on 4 of the slices. Divide the salmon, sauerkraut and remaining cheese among the cheese-topped slices of bread and top each with one of the remaining bread slices, spread side down.

3. In a large skillet over medium, heat the oil until hot. Add the sandwiches and something heavy (such as a cast iron skillet, flat saucepan lid, or heat-safe plate and a weight such as a can of food) to firmly press the sandwiches down. Cook for 6 minutes per side, or until golden and the cheese has melted. Cut each sandwich in half and serve right away.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

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Good things come from Sysco

The In-Credibility Factor

Name: Alex Hyssen and Andrew Lenjosek
City: Toronto
Age: 23
Occupation: Co-Founders of Koge Vitamins



THE IN-CREDIBILITY FACTOR
 Teresa Kruze
 life@metronews.ca

They had it all, successful careers, money and freedom. But Andrew Lenjosek gave up his job on Wall Street in New York and Alex Hyssen left his sales analyst job to start their own company. Their plan is to simplify the vitamin buying experience while dramatically reducing prices for consumers. Putting their life savings into the venture, they are ready to launch and the early buzz has this start-up ready to explode out of the starting gate.

We knew we were on our way...

"When we launched our social media campaign," says Lenjosek. "Within two weeks, our outreach added more than 10,000 people to our sign-up list through our



Alex Hyssen and Andrew Lenjosek agree that any successful business must start with a solid and supportive team dynamic. PROVIDED

website landing page. We received dozens of emails from people who expressed support for our cause — a few even asked us about investing and/or joining the team!"

Hyssen adds, "The initial reaction of all of these people, particularly people we had never met before, proved to our team that our goals were desirable and absolutely within reach, and that we were on track to achieving them."

Action Plan:

Focus on what you're passionate about.

It's hard to find the courage to "veer off the path" and start a company from scratch when all of your friends are working in safe and stable professional jobs. When you've grown into a fully operational company, you

certainly won't look back and regret taking a chance on something you believed in, even if the ride was bumpy.

Choose your partners wisely

You're going to be "married" to the people you start your company with, so getting along is a must. Pick individuals you trust and who you believe are honest. Your partners need to be willing to put everything on the line, work extremely hard and be just as determined as you in order to succeed.

Be resourceful

Reach out to everyone you know, make the choices that add the most value and focus on testing your concept before you start to unload the big bucks on features that aren't critical.

Could their work woes be leading somewhere serious?

The lows of labour.

Learn to spot the signs of staff discontent before they lead to staff dissent

JULIA WEST

Metro World News in Philadelphia

There's a difference between an employee with the Monday blahs and one who is continuously unhappy and disengaged.

Not only should employers be able to spot the difference, they should know how to reverse the problem before it's too late.

Sign: Distrust of management

"If you find that your employees trust politicians more than your senior management, you have a problem," says Morgan Norman, founder and CEO of WorkSimple.

This can lead to poor productivity.

"If employees aren't trusting," he adds, "they won't put themselves into their work."

Solution:

Cultivate a culture of trust

When you provide a safety net for your workers, they are more apt to try new ideas and produce better results. Show them that you believe in their work.

Sign: Long lunches and increased absences

If you notice an employee who can barely show up for work, you are likely seeing someone who is not interest-



Give the poor guy a sign that you know he's going the extra mile. ISTOCK

ed. "This may be a sign that someone is using the time for job interviews," warns Christine Endres, Branch Manager for Robert Half International in Philadelphia.

Solution: Re-evaluate this person's work

Could this be a matter of someone who is simply overworked and underappreciated?

Asleep at the wheel?

Sign: Low energy level

- Have an employee who drags his or her feet day in and day out? "While it may be unrelated to the workplace, a change in attitude could be indicative of an ominous burnout," explains Amanda Augustine of career website TheLadders.com.

Solution: Talk it out

- This person may need a better work-life balance. "When you understand what matters most to your employee, then you can understand what can be done to improve their level of satisfaction," Augustine adds. Listening and allowing the person to speak freely can certainly be an asset in this sort of situation.

JOB FAIR

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No official timetable set for Moose MacKinnon's return

Hurtin' Herd. Star forward suffered leg injury in team's loss to Wildcats Friday



ANDREW RANKIN
andrew.rankin@metronews.ca

It's still unclear when Halifax Mooseheads' forward Nathan MacKinnon will be back in the lineup.

Mooseheads general manager Cam Russell said the team's second leading scorer was scheduled to see a doctor concerning a lower-body injury on Sunday evening. Russell said earlier Sunday he wouldn't make any predictions on when he could return to the lineup until he sees the doctor's report.

"We're not going to speculate until he sees a doctor," he said.

The team is expected to up-

GM

"We've shown all season that we're a very resilient team."

Mooseheads general manager Cam Russell

date his condition Monday.

After a strong first period in Friday's 8-5 road loss against the Moncton Wildcats, MacKinnon left the game during the second period favouring his right leg, and did not return.

The injury isn't considered serious, although the 17-year-old wasn't expected to play in Saturday's rescheduled home game against the Bathurst Titan, which will now be played on March 11.

The team is officially listing MacKinnon as day-to-day.

With or without MacKinnon in the lineup, Russell is expecting a bounce-back performance in Tuesday's home game against the Prince Edward Island Rocket.

"I think the team has played extremely well all year," said Russell. "They've done a great job of rebounding after a loss all season long. The coaching staff has also done a good job of making sure the players are ready. We're obviously expecting a good game Tuesday."

Friday's setback was only the sixth regulation loss for the Mooseheads (42-6-2-1) all season.

"Moncton's a good hockey team.... There are no given wins here; there are a lot of good hockey teams in this league," said Russell.



Halifax Mooseheads forward Nathan MacKinnon suffered a leg injury in Friday's loss to the Moncton Wildcats.

JEFF HARPER/METRO

Flemming edges Murphy 8-7 in Tankard



Paul Flemming celebrates his win with Ian Fitzner-LeBlanc on Sunday. Up next for Flemming's team is the Tim Hortons Brier in March. TRURO DAILY NEWS

Paul Flemming is headed back to the Tim Hortons Brier.

Flemming and his Lakeshore Curling Club team of Ian Fitzner-LeBlanc, Graham Breckon and Kelly Mittlestadt nipped defending champion and clubmate Jamie Murphy 8-7 in Sunday's Molson Coors Tankard provincial men's curling championship final at Truro Curling Club.

"It feels great," Flemming, a 44-year-old Halifax resident, said. "I'm really proud of the guys for having a solid 10th end, and we took it home."

Flemming last competed at the Brier in 2011 as a mate for Shawn Adams. He also threw

Brier

The victory punched Paul Flemming and his team's ticket to the Tim Hortons Brier March 2-10 in Edmonton.

third stones for Adams in 2005, skipped Nova Scotia in 1998 and 1999 and was a mate for Mayflower's Mark Dacey in 2001.

"We haven't really thought that far ahead yet," Flemming said of the Brier. "We're just going to have a couple cold ones and soak it all in for now."

It looked as if Flemming

would romp to the Tankard title early in Sunday's final. Flemming opened with three in the first end and added three more in the fourth for a 6-3 cushion at the break.

"We knew they weren't going to roll over," Flemming said.

He was right. Murphy battled back with a pair in the sixth end to make it a 6-5 game. Flemming made it 7-5 in the seventh before Murphy knotted the game in the eighth.

Flemming ran Murphy out of rocks in the ninth, however, and scored a single in the 10th for the victory.

TRURO DAILY NEWS

Gymnastics

Halifax gymnast captures Elite Canada title

Halifax gymnast Ellie Black is back doing what she loves to do, easily capturing Elite Canada's senior women's title at Sherwood Park, Alta.

Black was competing for the first time since injuring

her ankle during the women's vault final last August at the London Olympics.

Her score of 54.525 on Friday was nearly a full two points better than Meaghan Chant of Waterdown, Ont., who finished in second.

Black, 17, topped the field on the floor, vault and beam and placed third on the uneven bars. It was her first Elite Canada all-round title.

METRO



Ellie Black CONTRIBUTED

NBL

Rainmen get snowed out

The Halifax Rainmen were snowed out Sunday as their road game against the Moncton Miracles was rescheduled for Feb. 25. The Rainmen are back in action Sunday when they host Saint John at 2 p.m.

METRO

AUS

First-round playoff matchups set

The Acadia Axeman will play host to the Moncton Aigles Bleus, while the Prince Edward Island Panthers visit the St. Francis Xavier X-Men. Both opening games in the best-of-three series' go Wednesday at 7 p.m. METRO

4-SPORTS

NBA. Raptors bench answers Casey's call

When Raptors coach Dwane Casey issued a challenge to his second unit during half time, the message wasn't lost on John Lucas.

The backup point guard scored 10 of his 19 points in the fourth quarter as Toronto defeated the New Orleans Hornets 102-89 Sunday.

Casey wasn't pleased to see an 11-point Toronto lead in the second quarter quickly erased as the Hornets went on a 10-0 run with the Raptors' second unit on the floor.

"We struggled a little bit in the first half where the second unit gave up a lead," Casey said. "I challenged them about coming in and being ready to play, perform; you can't play your starters 48 minutes, and they came in and performed in the second

On Sunday

102

89

Raptors

Hornets

half."

Alan Anderson added 11 off the bench as Toronto (19-32) won its second straight and improved to .500 at the Air Canada Centre this season (13-13).

"He just called us out point blank, called us out and that's what we needed, a wake-up call," said Lucas.

Rudy Gay had a game-high 20 points and Kyle Lowry added 14 points and 10 assists.

THE CANADIAN PRESS

NBA

James stays hot for Heat in win over L.A.

LeBron James scored 32 points on 12-for-18 shooting in a record-setting show, Dwyane Wade scored 30 and the Miami Heat beat the Los Angeles Lakers 107-97

on Sunday for their fifth straight win.

It was James' fifth straight game with at least 30 points, a franchise record. He's shot better than 60 per cent in all five of those games.

Kobe Bryant had 28 points and nine assists for the Lakers.

THE ASSOCIATED PRESS

Will NHL bare teeth at Maple Leafs' Grabovski?



Montreal Canadiens Max Pacioretty, right, shows his arm to a referee following an incident with Toronto Maple Leaf Mikhail Grabovski as Canadiens goalie Carey Price looks on Saturday in Montreal. GRAHAM HUGHES/THE CANADIAN PRESS

NHL. Disciplinary hearing set for former Canadian over alleged biting incident

Mikhail Grabovski seems to have given hockey fans and the NHL something to chew on.

The Maple Leafs forward got a one-day reprieve when his hearing with NHL disciplinary officer Brendan Shanahan over an alleged biting incident was delayed.

Grabovski and Shanahan will discuss over the phone on Monday — scheduled for 11 a.m. — just what happened Saturday in the third period when Montreal's Max Pacioretty

grabbed Grabovski from behind and twisted his head. Grabovski responded by appearing to chomp on Pacioretty's arm.

No reason was given for the delay — it was originally scheduled for Sunday — but the league is certain to come to a decision before the Leafs play the Philadelphia Flyers on Monday evening at the Air Canada Centre.

Grabovski could be suspended or fined, or both. Neither Grabovski or Pacioretty spoke after the game, nor did Grabovski speak to reporters after Sunday's practice.

Maple Leafs coach Randy Carlyle was asked if he would have liked to have seen Pacioretty get a hearing as well.

"You know what, to make comments on what the NHL does, I learned a long time ago. I leave that up to you guys (media)," said Carlyle.

Twitter sunk its teeth into the bite debate, adding another layer to Toronto's historic rivalry with Montreal, as supportive Leaf fans incited Montreal fans with hashtags like "#BiteMe" and "#FreeGrabbo."

TORSTAR NEWS SERVICE

Quoted

"I'm very confident (he didn't bite Pacioretty). The bottom line is, it has to be conclusive."

Toronto Maple Leafs coach Randy Carlyle on an alleged biting incident involving Leafs forward Mikhail Grabovski

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

| | GP | W | L | OL | GF | GA | Pt |
|--------------|----|---|---|----|----|----|----|
| New Jersey | 12 | 8 | 1 | 3 | 33 | 24 | 19 |
| Pittsburgh | 13 | 8 | 5 | 0 | 41 | 32 | 16 |
| NY Rangers | 11 | 6 | 5 | 0 | 29 | 27 | 12 |
| Philadelphia | 12 | 5 | 6 | 1 | 29 | 33 | 11 |
| NY Islanders | 11 | 4 | 6 | 1 | 32 | 37 | 9 |

NORTHEAST DIVISION

| | GP | W | L | OL | GF | GA | Pt |
|----------|----|---|---|----|----|----|----|
| Boston | 10 | 8 | 1 | 1 | 29 | 21 | 17 |
| Toronto | 12 | 7 | 5 | 0 | 34 | 31 | 14 |
| Ottawa | 12 | 6 | 4 | 2 | 31 | 23 | 14 |
| Montreal | 11 | 6 | 4 | 1 | 31 | 30 | 13 |
| Buffalo | 13 | 5 | 7 | 1 | 39 | 46 | 11 |

SOUTHEAST DIVISION

| | GP | W | L | OL | GF | GA | Pt |
|------------|----|---|---|----|----|----|----|
| Tampa Bay | 11 | 6 | 5 | 0 | 43 | 32 | 12 |
| Carolina | 10 | 5 | 4 | 1 | 28 | 30 | 11 |
| Winnipeg | 11 | 5 | 5 | 1 | 30 | 37 | 11 |
| Florida | 11 | 4 | 6 | 1 | 25 | 40 | 9 |
| Washington | 12 | 3 | 8 | 1 | 30 | 41 | 7 |

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results
Detroit 3 Los Angeles 2
Edmonton 3 Columbus 1
Boston 3 Buffalo 1
NY Rangers 5 Tampa Bay 1
New Jersey 3 Pittsburgh 1
Chicago 3 Nashville 0

Saturday's results
Philadelphia 4 Carolina 3 (OT)
New Jersey 3 Pittsburgh 1
Winnipeg 1 Ottawa 0
Detroit 2 Edmonton 1
Phoenix 1 San Jose 0 (SO)
Buffalo 3 NY Islanders 2
Tampa Bay at Boston (ppd.)
Toronto 6 Montreal 0
Washington 5 Florida 0
Anaheim 6 St. Louis 5 (SO)
Minnesota 2 Nashville 1 (OT)
Vancouver 5 Calgary 1

Monday's games — All Times Eastern
Philadelphia at Toronto, 7 p.m.
Carolina at NY Islanders, 7 p.m.
San Jose at Columbus, 7 p.m.
Los Angeles at St. Louis, 8 p.m.
Phoenix at Colorado, 9 p.m.
Minnesota at Calgary, 9 p.m.

Tuesday's games
Carolina at New Jersey, 7 p.m.
NY Rangers at Boston, 7:30 p.m.
Montreal at Tampa Bay, 7:30 p.m.
Buffalo at Ottawa, 7:30 p.m.
Washington at Florida, 7:30 p.m.
Philadelphia at Winnipeg, 8 p.m.
San Jose at Nashville, 8 p.m.
Anaheim at Chicago, 8:30 p.m.
Dallas at Edmonton, 9:30 p.m.
Minnesota at Vancouver, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

| | GP | W | L | OL | GF | GA | Pt |
|-----------|----|----|---|----|----|----|----|
| Chicago | 12 | 10 | 0 | 2 | 42 | 25 | 22 |
| Detroit | 12 | 7 | 4 | 1 | 33 | 32 | 15 |
| Nashville | 12 | 5 | 3 | 4 | 24 | 26 | 14 |
| St. Louis | 11 | 6 | 4 | 1 | 38 | 36 | 13 |
| Columbus | 12 | 3 | 7 | 2 | 24 | 39 | 8 |

NORTHWEST DIVISION

| | GP | W | L | OL | GF | GA | Pt |
|-----------|----|---|---|----|----|----|----|
| Vancouver | 11 | 7 | 2 | 2 | 33 | 24 | 16 |
| Edmonton | 12 | 5 | 4 | 3 | 28 | 30 | 13 |
| Minnesota | 11 | 5 | 5 | 1 | 24 | 29 | 11 |
| Calgary | 9 | 3 | 4 | 2 | 25 | 33 | 8 |
| Colorado | 10 | 4 | 6 | 0 | 21 | 26 | 8 |

PACIFIC DIVISION

| | GP | W | L | OL | GF | GA | Pt |
|-------------|----|---|---|----|----|----|----|
| Anaheim | 11 | 8 | 2 | 1 | 39 | 31 | 17 |
| San Jose | 11 | 7 | 2 | 2 | 34 | 22 | 16 |
| Dallas | 12 | 6 | 5 | 1 | 26 | 28 | 13 |
| Phoenix | 12 | 5 | 5 | 2 | 32 | 33 | 12 |
| Los Angeles | 10 | 3 | 5 | 2 | 22 | 31 | 8 |

NBA

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Kevin Stadler, \$338,000

Jimmy Walker, \$338,000

Jason Day, \$234,000

Fredrik Jacobson, \$209,625

Patrick Reed, \$209,625

Retief Goosen, \$175,500

James Driscoll, \$175,500

Patrick Cantlay, \$175,500

Justin Hicks, \$131,625

Aaron Baddeley, \$131,625

Bryce Molder, \$131,625

Richard H. Lee, \$131,625

Ted Potter, Jr., \$94,250

Charlie Wi, \$94,250

John Merrick, \$94,250

William McGirt, \$94,250

Sean O'Hair, \$94,250

Hunter Mahan, \$94,250

Robert Garrigus, \$65,000

Kevin Na, \$65,000

Cameron Tringale, \$65,000

Jordan Spieth, \$65,000

Also:

Brad Fritsch, \$24,700

Mike Weir, \$15,184

66-68-68-65-267

71-68-64-66-269

71-65-66-70-272

69-69-69-65-272

68-71-67-66-272

68-68-70-67-273

71-66-70-67-274

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66-69-73-69-277

71-69-66-72-278

68-72-68-70-278

71-71-70-66-278

70-70-68-70-278

Also:

69-73-71-69-282

75-65-71-73-284

NBA

EASTERN CONFERENCE

| | W | L | Pct | GB |
|--------------|----|----|------|--------|
| Miami | 34 | 14 | .708 | — |
| New York | 32 | 17 | .653 | 2 1/2 |
| Indiana | 31 | 20 | .608 | 4 1/2 |
| Chicago | 30 | 20 | .600 | 5 |
| Brooklyn | 29 | 22 | .569 | 6 1/2 |
| Atlanta | 27 | 22 | .551 | 7 1/2 |
| Boston | 27 | 23 | .540 | 8 |
| Milwaukee | 25 | 24 | .510 | 9 1/2 |
| Philadelphia | 22 | 27 | .449 | 12 1/2 |
| Detroit | 20 | 32 | .385 | 16 |
| Toronto | 19 | 32 | .373 | 16 1/2 |
| Cleveland | 16 | 35 | .314 | 19 1/2 |
| Orlando | 15 | 36 | .294 | 20 1/2 |
| Washington | 14 | 35 | .286 | 20 1/2 |
| Charlotte | 11 | 39 | .220 | 24 |

WESTERN CONFERENCE

| | W | L | Pct | GB |
|---------------|----|----|------|--------|
| San Antonio | 40 | 12 | .769 | — |
| Oklahoma City | 39 | 12 | .765 | 1/2 |
| L.A. Clippers | 36 | 17 | .679 | 4 1/2 |
| Memphis | 32 | 18 | .640 | 7 |
| Denver | 33 | 19 | .635 | 7 |
| Golden State | 30 | 21 | .588 | 9 1/2 |
| Utah | 28 | 24 | .538 | 12 |
| Houston | 28 | 25 | .528 | 12 1/2 |
| Portland | 25 | 26 | .490 | 14 1/2 |
| L.A. Lakers | 24 | 28 | .462 | 16 |
| Dallas | 22 | 28 | .440 | 17 |
| Minnesota | 18 | 30 | .375 | 20 |
| Sacramento | 19 | 33 | .365 | 21 |
| New Orleans | 17 | 34 | .333 | 22 1/2 |
| Phoenix | 17 | 35 | .327 | 23 |

Note: division leaders ranked in top three positions regardless of winning percentage.

Sunday's results
L.A. Clippers 102 New York 88
Miami 107 L.A. Lakers 97
Boston 118 Denver 114 (3OT)
Toronto 102 New Orleans 89
Orlando 110 Portland 104
Memphis 105 Minnesota 88
San Antonio 111 Brooklyn 86
Oklahoma City 97 Phoenix 69
Sacramento 117 Houston 111

Saturday's results
Denver 111 Cleveland 103
Philadelphia 87 Charlotte 76
Dallas 116 Golden State 91
Detroit 105 Milwaukee 100
Sacramento 120 Utah 109

Monday's games — All Times Eastern
L.A. Clippers at Philadelphia, 7 p.m.
Minnesota at Cleveland, 7 p.m.
Brooklyn at Indiana, 7 p.m.
Boston at Charlotte, 7 p.m.
New Orleans at Detroit, 7:30 p.m.
San Antonio at Chicago, 8 p.m.
Washington at Milwaukee, 8 p.m.
Atlanta at Dallas, 8:30 p.m.

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Horoscopes

Aries

March 21 - April 20

Act with restraint today, even though someone you have dealings with deserves to be criticized. If you react too aggressively your words could have consequences you will not enjoy. Keep those sarcastic remarks to yourself.

Taurus

April 21 - May 21

There is no point chasing after something too eagerly today, because the planets warn you are unlikely to catch up with it. Pretend you are not too bothered whether or not you get it – then you won't be disappointed.

Gemini

May 22 - June 21

You may be in the mood for fun and games (as usual) but those around you don't seem to be in the mood to play. How frustrating. Just this once it looks like you will have to entertain yourself.

Cancer

June 22 - July 23

Someone may try to intimidate you today but you must not let them see they are getting to you. Fortunately Cancers are very good actors, so make like you don't care and they will leave you alone.

Leo

July 24 - Aug. 23

A battle of wills is likely. What you want to do is at odds with what a loved one wants to do. So what is the answer? Go your own ways and do your own things. You don't have to do everything together.

Virgo

Aug. 24 - Sept. 23

Venus, planet of values, is linked to Saturn, planet of limitation, so most likely you will be prevented from doing something you want to do. By the end of the week you will realize it actually worked in your favor.

Libra

Sept. 24 - Oct. 23

Don't waste time arguing about who thought of something first – you should be pulling together and making it work. It does not matter where ideas come from, it matters only what you do with them.

Scorpio

Oct. 24 - Nov. 22

The important thing today is that you stay in control of your emotions. If you let other people get under your skin bad feelings could escalate quickly and there is no telling where you might end up. In the cells overnight?

Sagittarius

Nov. 23 - Dec. 21

There are so many ideas running through your head that it's getting confusing. What you must do is sit down with a pen and notebook and write them all down. Only then can you start to make sense of your life.

Capricorn

Dec. 22 - Jan. 20

Although you generally like things to stay as they are what happens today and over the coming week will remind you that nothing in life is permanent – and that's a good thing. Change works for you, so embrace it.

Aquarius

Jan. 21 - Feb. 19

If someone you are fond of is moody and uncommunicative today don't try to push them. Give them the space they need to work out their problems and by this time tomorrow they will be bubbling again.

Pisces

Feb. 20 - March 20

A project you had high hopes for has not worked out so well, which is disappointing, but don't be too unhappy about it. What did it teach you? There is always something you can carry on to the next task.

SALLY BROMPTON

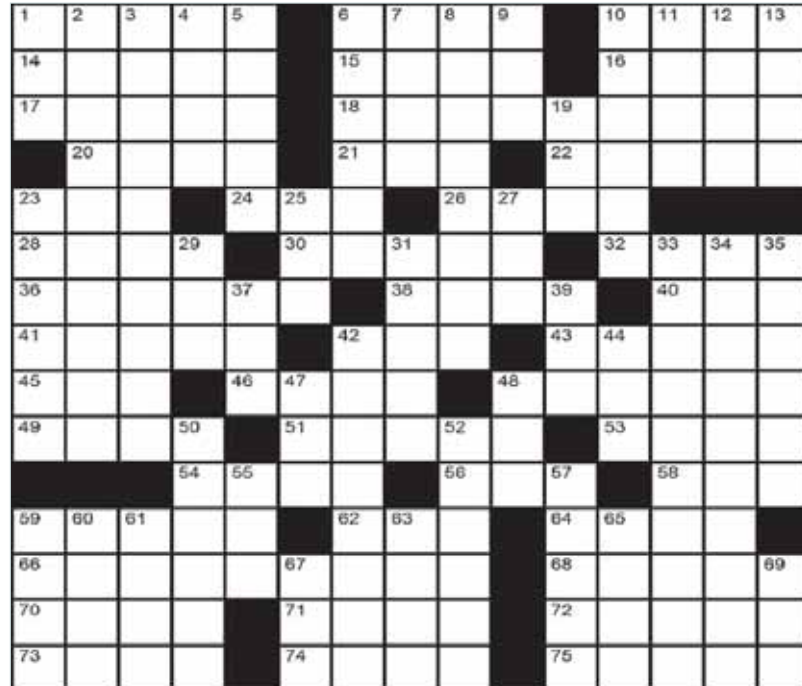
Crossword: Canada Across and Down

Across

1. Quebec's __ Peninsula
6. Vogue and People, for short
10. The Grapes of Wrath family
14. Three: French
15. Film director Mr. Petri
16. Greasy
17. Dazes
18. Nova Scotia university
20. FOX musical dramedy
21. Geog. feature
22. Apprehension
23. Nuke
24. "Making Plans for Nigel" band
26. Business subj.
28. Util. bill
30. "One __ (the Body)" by The Rolling Stones
32. Spheres
36. Woolly camel-like animal
38. Lawyers, for short
40. Granola bit
41. Cartoon skunk Pepe: 2 wds.
42. 'Advert' suffix
43. Beatrice Arthur sitcom
45. Metal-bearing mineral
46. Royal Canadian __
48. Quandary
49. Ms. Banks
51. West: French
53. Ex-ruler of Iran
54. Connect
56. Pas' partners
58. Duran Duran hit
59. "Hang Ten" singer
62. Moo __ pork (Takeout dish)
64. Coconut fibre
66. Northwest Passage searcher, Sir Martin __
68. Mr. McDowall of movies
70. Ms. Hatcher
71. Territory
72. Close by, to a poet
73. Director Mr. Mendes, and others
74. Li'l instruments
75. Busey and Sinise

Down

1. Lettered Mustang cars
2. AGO = __ of Ontario

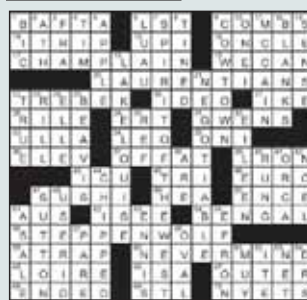


3. Albert Schultz is the Founding Artistic Director of this Toronto theatre company
4. Tree type
5. County in England
6. Renaissance family of influence
7. Regrettably
8. Razors brand
9. Fifth music note, variantly
10. Reporter, for short, Brit-style
11. Van Gogh's Bank of the __ at Auvers
12. Et __ (And others, in Latin)
13. Tinted
19. Prefix with 'meter'

23. Fanatic
25. 1996 Snoop Dogg album: ' __ Doggfather'
27. Cottage bed
29. Flight simulators co. headquartered in Saint-Laurent, QC
31. Flavour
33. Saskatchewan player
34. Covering up with a hat reason: 3 wds.
35. Prefix to 'scope'
37. Uniquely-spelled mountain basin
39. Clothing sizes letters
42. Stone land marker of the Inuit

- to guide Arctic travellers
44. Three-toed sloths
47. Suffix to 'Opt'
48. Harper Valley, e.g.
50. Courtroom cover stories
52. Blue cartoon creatures
55. Pasta names suffix
57. Neck, slang-style
59. Terrestrial stage newts
60. Ms. de Matteo
61. Earth crawler
63. Present
65. Charlie Chaplin's last wife
67. Actor Mr. Townsend, to pals
69. 12-month periods

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

0°/-2°

Mainly sunny

Tuesday

6°/-4°

Showers

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